



# A STUDY ON THE MENTAL HEALTH OF COLLEGE TEACHERS: WITH SPECIAL REFERENCE TO BONGAIGAON DISTRICT OF ASSAM

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## ABSTRACT

Teachers are the main key of any educational institution. They play a very important role in the development of human resources. A sound mental health is a pre requisite of teachers in every stage of education, without which no one can perform their duties and responsibilities properly. Higher education is considered as one of the important stages of education. The teachers of this stage have to play an important role for creating man power in different fields. At present the teachers of higher level are entrusted many extra duties and responsibilities apart from their academic duties. So, it is necessary to maintain their physical health as well as their mental health. A sound mental health of the college teacher will help to create sound mental health of the students. Both the mentally healthy teachers and students will be able to create a sound educational environment for proper development of the society as well as the nation. Therefore, the investigator has tried to make an effort to conduct the present study. The sample size of the study was 120 college teachers. The objectives are-1. To study the level of mental health of College Teachers. 2. To find out the difference between male teachers and female teachers in regard with mental health. The present study reveals that 28% teachers have very good mental health. It is also found that 49% teachers have average/good mental health. The present study reveals that 23% teachers have poor mental health. The present study also reveals that there is no significant difference between male and female college teachers in relation to mental health especially in Bongaigaon district.

**KEYWORDS:** Higher Education, College Teachers, Mental Health, Duties and Responsibilities

## INTRODUCTION

Teacher is the main key of any educational institution. An educational institution will be functionless without a teacher. A teacher is the person who helps students in acquiring knowledge, competence and values through the process of teaching. He/she can be considered as an architect of the students who always tries to give a proper shape to their students. At present the teachers face many challenges. They have to perform several duties and responsibilities now compared to the earlier period. Now the teachers have to engage in many activities in the campus as well as outside the campus. Apart from the curricular activities the teachers are entrusted many other activities. Especially the teachers of higher education have to perform many activities like seminar, workshop, FDP, research work, extension activity and so on.

It is very difficult to handle all the duties and responsibilities by the teachers without a sound physical as well as a sound mental health. So, it is very important to keep a good physical health and a good mental health for every teacher. Both physical health and mental health are inter-related and interdependent on each other. Mental health of the students and teachers help to create a sound educational environment. Mental health of teachers can be considered as the fundamental pillar that supports the entire education system. If the mental health of the teacher will be strong then the foundation of education will be strong. Therefore, every educational institution needs mentally healthy teachers as well as students, so that a better educational environment can be created in which both the teachers and

students can perform their respective duties properly.

### Meaning and concept of mental health:

Mental health is recognized as an important aspect of one's total health status including psychological, emotional and social aspects. It can be said as a driving force of every individual. It is the motivating factor to do anything in our life. It is the basis of our character. Mental health can be considered as the foundation of our personality. It is a normal state of well-being. Mental health is the positive state of mind which helps us to accept everything in our life. It is the process of adjustment which involves compromise and adaptation, growth and continuity. It develops ability to balance feeling, desires ambitions and ideals in one's life.

It helps to face an except the realities of life. It can help to bring maximum satisfaction and happiness in individuals' life. In the words of J.A. Hadfield (1950), "Mental health is the full and hormones functioning of the whole personality."

According to the World health organisation (WHO), "Mental health is a state of complete physical, mental and social welding and not merely absence of disease or infirmity." Coleman defined "Mental health as the ability to balance feelings desires, ambition and ideals in one's daily living and to face an except the realities of life. It is the habit of work and attitude towards people and things that bring maximum satisfaction and happiness to the individual."

### Mental Health of Teachers:

Formal education is the most important type of education through which one can be recognized as educated person. In this type of education, the teachers and students are regarded as two main poles. Teachers play a very significant role in formal education. They perform many duties and responsibilities not only inside the classroom but also outside the classroom. Their duty is not only related to the classroom but related to the society or the nation.

Teachers occupy a very important place in the society by transferring of intellectual tradition from one generation to the other. According to Prof. Humayun Kabir, "Teachers are literally the arbiters of a nation's destiny. It may sound a truism, but it still needs to be stressed that this is the key to any educational reconstruction." The teachers are the persons who give the shape to the destiny of the future citizens. The National Policy of Education-1986 also boldly opined, "No people can rise above the level of the teachers."

Moreover, it states, "Status of the teachers reflects the socio-cultural ethos of a society." Kothari Commission stated (1964-66) also stated that the destiny of India is being shaped in the classroom. On the basis of these statements on the teachers are the evidence to understand the role of the teachers in the development of the citizens of a country. To perform these heavy responsibilities, every teacher needs a sound mental health. Mental health is one of the most important factors of a teacher. A sound mental health can be regarded as a pre-requisite for each and every teacher to perform their duties properly. To be a good and effective teacher, a good mental health is necessary.

### Review of Related Literature:

Bappan, B. (2018) made a study among Government and private College teachers in North Karnataka. The sample of the study was 100, out of which 50 were from private and 50 were from Government college. The findings of the study revealed that there is a significant difference in mental health between government and Private aided college teachers. It was also observed that there is a significant influence of Arts, Science and Commerce stream.

Devi, T. & Talukdar, M. (2018) conducted a study on effectiveness of college teachers in relation to their mental health on 272 sample. In the study it was found that majority of scores in teaching effectiveness of male and female teachers were almost same. The result of the study also reveals that there is a significant positive correlation between mental health and teaching effectiveness of college teachers.

Nirmala, D. (2020), made a study on mental health of college teachers. In this study it was found that there is a significant difference between teachers, educational qualification and several dimensions related to mental health.

Dafare, P.R. (2021), conducted a study entitled "A Correlative Study of Teacher's Effectiveness in Relation to Mental Health and Stress. This study reveals that there is negative correlation

between mental health problems and teacher's effectiveness. Moreover it was found that the teacher's stress is negatively correlated with the teachers' effectiveness.

Mehmood R., Inamullah, H.M. and Cereikaya, M. (2022) found that both male and female teachers suffered from mental and physical problems rarely. The result of the study also revealed that there is no significant difference between male and female teachers' mental health.

Pandey, K.N. (2023), found in a study of mental health among teachers, that the male teachers of government school enjoy significantly better mental health than the female counterparts.

### Need and Significance of the Study:

Mental health is a pre-requisite of every teacher. Apart from the personal as well as the professional qualifications a sound mental health is needed for a teacher to be successful in teaching-learning process. Teachers and the students are the two main poles in education system and these two poles depend on each other in creating a suitable educational environment. Teacher can influence their students in every aspect of life. Therefore, it is the main duty of the teacher to be a role model among the students and he/she should guide them properly. The teacher should show proper and correct direction to the students so that they can achieve their goal.

Now a days, the teacher's responsibility is expanded. They have to perform many other duties along with the academic duty. So, it is very important to have a good mental health of the teachers, because a good mental health helps the teachers to undertake their duties and responsibilities properly. Specially the college teachers of present period are entrusted so many duties for improvement of the quality of higher education. The New Education policy - 2020, also creates some new challenges for teachers. It will be impossible to face these Challenges without a good mental health.

On the basis of the above discussions the researcher has tried to make an attempt to conduct the present study.

### Statement of the problem:

An attempt has been made to study the mental health of the college teachers and as such the study entitled "A Study on Mental Health of College Teachers: with Special Reference to Bongaigaon District of Assam"

### Objective of the study:

In the present study, the following objectives are formulated:

1. To study the level of mental health of College Teachers.
2. To find out the difference between male teachers and female teachers in regard with mental health.

### Hypothesis:

There is no significant difference between male teachers and female teachers in regard with mental health

### Definition of the Terms:

**Mental Health:** Mental health refers to the functioning of a

well- integrated personality. It is state of our mind that enables people to realize their capacities, to adjust with the situations, work properly for the welfare of their society.

**College Teachers:** The teachers are the teachers who are working in the Degree College.

#### METHODOLOGY:

In the present study the Descriptive Survey method is applied.

#### Sample:

The size of the sample in the present study is 120 college teachers (60 male & 60 female) The stratified random sampling technique has been used to collect the data.

#### Tool:

RCE Mental Health Scale developed by S.P. Anand (Former Professor in Education, NCERT). Test-Retest and Split-Half Reliability are .88 and .79 respectively.

#### Statistical Technique:

In the present study the following statistical techniques are used:

1. Mean
2. Standard deviation
3. Quartile Deviation
4. T-test.

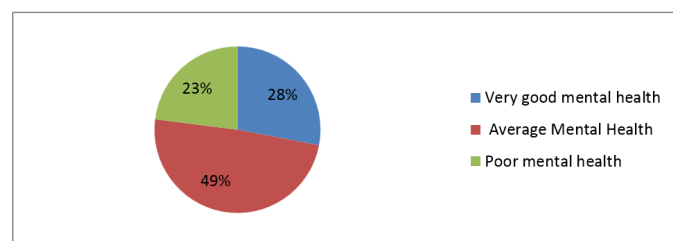
#### Analysis and Interpretation:

**Objective 1:** To study the level of mental health of College Teachers.

Level	No. of Teacher	Percentage
Very good	33	28%
Average	59	49%
Poor	28	23%
Total	120	100%

**Table-1: Percentage wise Level of Mental Health of Teachers**

The table shows that 28% of teachers have very good mental health which scored above 189, 49% of teachers have average level of mental health which scored between 157-188 and 23% of teachers possess poor mental health with below 157 score.



**Graphical representation of Table-1**

The figure-1 shows clearly about the different levels of mental health of the college teachers.

**Objective 2:** To find out the difference between male teachers and female teachers in regard with mental health.

Variable	N	Minimum	Maximum	Mean	SD	Q <sub>1</sub>	Q <sub>3</sub>
Mental health	120	96.00	226.00	171.90	24.98	157.25	189

**Table-2 Mean, SD, Q<sub>1</sub> and Q<sub>3</sub> of Mental Health of Teachers**

N=Number of teachers; SD=Standard deviation; Q<sub>1</sub>=1<sup>st</sup> Quartile; Q<sub>3</sub>=3<sup>rd</sup> Quartile.

The above table indicates that the Mean of mental health of 160 teachers is 171.90, SD is 24.98 Q<sub>1</sub>=157.25, Q<sub>3</sub>=189

#### Interpretation

**Table-1** shows that 28% of teachers have very good mental health, 49% of teachers have average mental health and 23% of teachers have poor mental health. It means that the college teachers of Bongaigaon district are mentally healthy except 23% teachers.

**Table-2** also shows that the Mean of mental health of the college teachers is 171.90 and Standard deviation is 24.98.

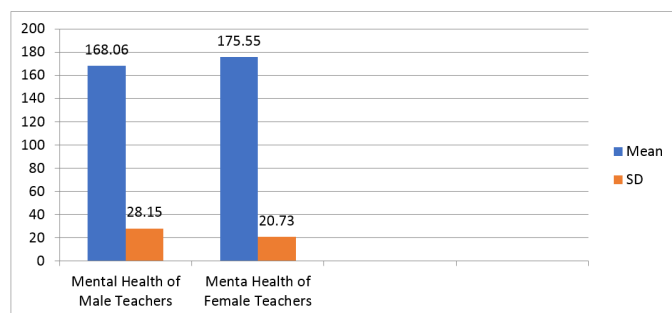
Category	N	Mean	Standard deviation	t-value
Male	60	168.06	28.15	1.66
Female	60	175.55	20.73	NS

N=Number of teachers; NS: Not Significant

**Table -3 Mean, SD and 't' value of Mental health of Male and Female teachers**

#### Interpretation

Table-3, shows that the 't' value of mental health of male and female teacher is 1.66. This value has indicated that the difference between male and female in relation to mental health is not significant at both the levels of confidence. Therefore our null hypothesis can be accepted. This result has revealed that there is no significant difference between male and female in relation to mental health of college teachers in Bongaigaon district.



**Figure-2 Graphical Presentation of Mental Health of Male and Female Teachers**

Figure-2 clearly shows the difference between male and female college teachers in relation to their mental health.

### Result and Findings based on objective no-1

The present study reveals that 28% teachers have very good mental health. It means that 28% teacher's level of mental health is very high.

It is also found that 49% teachers have good or average mental health.

The present study reveals that 23% teachers have poor mental health.

It means that the college teachers of Bongaigaon district are mentally healthy except 23% of teachers.

### Result and Findings based on objective no-2

According to the result of the study it was found that the Mean of the male teacher is 168.06 and female teacher is 175.55, moreover Standard Deviation of male teacher is 28.15 and female teacher is 20.73.

The result also reveals that the 't' value of mental health of male and female teacher is 1.66.

On the basis of the 't' value the present study reveals that there is no significant difference between male and female college teachers in relation to mental health especially in Bongaigaon district.

### Suggestions

On the basis of the result of the present study it was found that 23% of college teachers possess poor mental health. This percentage of teacher is not so small and they may affect the mental health of their students. Therefore, the investigator is willing to provide the following suggestions for developing a sound mental health among each and every teacher-

- Enjoy your duties and responsibilities.
- Try to fulfill your hobbies.
- Listen good music in leisure time.
- Visit the beautiful places for refreshment the mind.
- Do the physical and mental exercises, like yoga and meditation.
- Take proper sleep and sufficient rest.
- Keep good relation with colleagues and other employees of the institution.
- Keep contact with the positive people.
- Share your thoughts and feelings with friends or others.
- Always think positively.
- Keep self confidence and recognize your capacities.

### CONCLUSION

Mental health of teacher is considered as a very important aspect in every stage of education. If the mental health of the teachers is not good then it can affect the mental health of the students. When the teachers possess a healthy mind then it can help in the development of a sound mind among the students. Good mental health of the teachers as well as the students can create a sound and peaceful environment in the educational institution. In such kind of environment the teaching-learning process will be effective and successful. So, the investigator

has made the present study and it was found that the mental health of the college teachers of Bongaigaon is good and 23% of teachers' mental health is poor. The study also reveals that there is no significant difference between male and female teachers. 23% of college teachers have poor mental health and it may affect the mental health of their students. So, this portion of teacher should be aware about their mental health and they should try to keep their mental health through different kinds of activities. They can take the necessary provisions to strengthen their mental health as soon as possible.

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